



1976

Woodford Green Athletic Club

Open 24 hours Walk

(Incorporating a 100 miles race)

Under A.A.A. & R.W.A. Rules

At

Ashton Playing Fields

Woodford Bridge, Essex

Starting at 2p.m. on Friday
28th. May 1976

Programme 5p

OFFICIALS

Starter

C. STOCKINGS

President of Woodford Green Athletic Club

Referee

R. WELLS

Judges

The names of the officiating judges will be announced at
the start and during the progress of the race

Timekeepers

T. REYNOLDS: F. TORR: P. MARCHANT

Recorders

R. WELLS: W. GUTTERIDGE: G. EMBLETON

ASSISTED BY

MEMBERS OF THE ESSEX POLICE CADET CORPS

Announcer

C. SAUNDERS

Stewards

F. DUFF: R. YOULDON: D. FOTHERINGHAM: E. LEACH

Race Secretary

C. MEGNIN

NOTES FOR COMPETITORS

VENUE

Ashton Playing Fields has a 400 metres "all weather track".

Nearest station: Woodford (Central Line)

There is ample car parking space at the track side.

CATERING

Tea, coffee and light refreshments will be available throughout the event at moderate charges.

THE RACE

Competitors must notify the Recorders when they leave the track, and unless due to an emergency, this should be done only at the completion of a lap.

Competitors must notify the Recorders before rejoining the race.

An 'Elsan' type toilet will be installed for the competitors' use adjacent to the lap finishing point.

A whistle will be blown 3 minutes before the completion of the 24 hour period and a gun will be fired to mark the end of the race. Competitors must remain at the position they have attained on the track until the point is marked by the Recorders.

COMPETITORS

1	John KEOWN	Belgrave Harriers
2	Ray MIDDLETON	Belgrave Harriers
3	John MORRIS	Belgrave Harriers
4	George EASTWOOD	Woodford Green A.C.
5	Hew MEILSON	Woodford Green A.C.
6	Ken TURNER	Woodford Green A.C.
7	P.R. EMERY	Borough of Enfield A.C.
8	Jack ROSSITER	Borough of Enfield A.C.
9	D.W. SHARPE	Newham A.C.
10	Matt DAVITT	Newham A.C.
11	George HALLIFAX	Surrey W.C.
12	Alan PICKERING	Surrey W.C.
13	Fred BAKER	Highgate Harriers
14	Derek HARRISON	Boundary Harriers
15	John HEDGETHORNE	Essex Police
16	W.H. MAXWELL	Lancashire W.C.
17	Eddie McNEIR	Cambridge Harriers
18	R.S. PORTER	Metropolitan W.C.
19	Dan REAVEY	R.A.F. South Devon & Dawlish
20	Paul SARGEANT	Worcester A.C.
21	Malcolm SARGEANT	Leicester W.C.
22	B.W. SCRIVENS	Royal Sutton Coldfield
23	Robert THEW	Yorkshire W.C.
24	Peter WORTH	Verlea W.C.
25	Colin YOUNG	Essex Beagles

RECORDS

(With acknowledgements to Reg Wells and John Keown)

<u>Distance</u>	<u>Time</u>			<u>Date</u>
50 miles	7-31-06	R. Middleton	Belgrave Harriers	29. 9.74
60 miles	9-42-10	R. Middleton	Belgrave Harriers	29. 9.74
100 K/M	9-43-40	K. Harding	Royal Sutton	29. 3.75
70 miles	11-27-24	E.C. Horton	Surrey W.C.	2. 5.14
80 miles	13-34-37	H.D. Neilson	Woodford Green	15.10.60
90 miles	15-28-19	H.D. Neilson	Woodford Green	15.10.60
100 miles	17-18-51	H.D. Neilson	Woodford Green	15.10.60
110 miles	19-25-48	H.D. Neilson	Woodford Green	15.10.60
120 miles	21-24-16	H.D. Neilson	Woodford Green	15.10.60
130 miles	23-25-27	H.D. Neilson	Woodford Green	15.10.60
150 K/M)	Vacant			
200 K/M)				

24 (130
5 1/2
120
1 1/2

<u>Hours</u>	<u>Distance</u>			<u>Date</u>
10	61 miles 1237 yards	E.C. Horton	Surrey W.C.	2. 5.14
11	67 miles 737 yards	E.C. Horton	Surrey W.C.	2. 5.14
12	73 miles 145 yards	E.C. Horton	Surrey W.C.	2. 5.14
13	77 miles 30 yards	H.D. Neilson	Woodford Green	15.10.60
14	82 miles 517 yards	H.D. Neilson	Woodford Green	15.10.60
15	87 miles 1040 yards	H.D. Neilson	Woodford Green	15.10.60
16	92 miles 1318 yards	H.D. Neilson	Woodford Green	15.10.60
17	97 miles 1647 yards	H.D. Neilson	Woodford Green	15.10.60
18	103 miles 615 yards	H.D. Neilson	Woodford Green	15.10.60
19	107 miles 1175 yards	H.D. Neilson	Woodford Green	15.10.60
20	112 miles 1262 yards	H.D. Neilson	Woodford Green	15.10.60
21	117 miles 1559 yards	H.D. Neilson	Woodford Green	15.10.60
22	122 miles 1432 yards	H.D. Neilson	Woodford Green	15.10.60
23	127 miles 1510 yards	H.D. Neilson	Woodford Green	15.10.60
24	133 miles 21 yards	H.D. Neilson	Woodford Green	15.10.60

RESULTS

100 Miles

1st	_____	Time	_____	Hours	_____	Minutes	_____	Seconds
2nd	_____	Time	_____	Hours	_____	Minutes	_____	Seconds
3rd	_____	Time	_____	Hours	_____	Minutes	_____	Seconds
4th	_____	Time	_____	Hours	_____	Minutes	_____	Seconds
5th	_____	Time	_____	Hours	_____	Minutes	_____	Seconds
6th	_____	Time	_____	Hours	_____	Minutes	_____	Seconds

24 Hours

1st	_____	Distance	_____	Miles	_____	Yards
2nd	_____	Distance	_____	Miles	_____	Yards
3rd	_____	Distance	_____	Miles	_____	Yards
4th	_____	Distance	_____	Miles	_____	Yards
5th	_____	Distance	_____	Miles	_____	Yards
6th	_____	Distance	_____	Miles	_____	Yards
TEAM	_____		_____		_____	
		TEAM DISTANCE	_____	Miles	_____	Yards